

One Step At A Time

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Dan Morrison (CAN) - February 2008
音乐: One Step At A Time - Brenda Lee



Intro: 8 Counts- Start on Lyrics

RESTART: During 5th wall (front wall), do the first 32 counts. (Step L beside R for the & count), then start again.

Cross-Steps, Rock-Step, 1/4 R Step

1-2 Step R over L (1) Hold and snap fingers (2)
3-4 Step L over R (3) Hold and snap fingers (4)
5-6 Step R over L (5) Step L in place (6)
7-8 1/4 R Step R forward (7) Hold and snap fingers (8) [3 o'clock]

Cross-Steps, Rock-Step, 1/2 L Step

1-2 Step L over R (1) Hold and snap fingers (2)
3-4 Step R over L (3) Hold and snap fingers (4)
5-6 Step L over R (5) Step R in place (6)
7-8 1/2 turn L Step L forward (7) Hold and snap fingers (8) [9 o'clock]

R Step-Lock-Step, L Scuff, L Step-Lock-Step, R Scuff

1-4 Step R forward (1) Step L behind R (2) Step R forward (3) Scuff L beside R (4)
5-8 Step L forward (5) Step R behind L (6) Step L forward (7) Scuff R beside L (8)

Turn 1/4 Pivot, 3 Cross-Points

1-2 Step R forward (1) 1/4 Pivot L (2) [6 o'clock]
3-4 Step R over L (3) Point L side L (4)
5-6 Step L over R (5) Point R side R (6)
7-8 Step R over L (7) Point L side L (8)

(RESTART- DURING 5TH WALL)

Rock-Step-Step, Rock-Step, Walk, Walk, Scuff

1-3 Step L forward (1) Step R in place (2) Step L back (3)
4-5 Step R back (4) Step L in place (5)
6-8 Step R forward (6) Step L forward (7) Scuff R beside L (8)

Strut-Cross-Box

1-2 Touch R toe over L (1) Step down on R (2)
3-4 Touch L toe back (3) Step down on L (4)
5-6 Touch R toe side R (5) Step down on R (6)
7-8 Touch L toe forward (7) Step down on L (8)

Ending for dance: Dance upto the R Step-Lock-Step, L Scuff. Then Step L forward, 1/4 Pivot R, Step L over R, to finish on front wall.

HAVE FUN AND ENJOY